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**CLAIMS:**

05    1. A bed or mattress including a plurality of springs which, or some at least of which, are movable in their axial directions so as to vary the compression of the springs or some at least of the springs, without materially or substantially changing the position of the upper surface of the bed or mattress.

10    2. A bed or mattress according to Claim 1, including a base to which the springs, or some of the springs, are directly or indirectly secured, said base being movable in the axial direction of the springs so as to vary the compression of said springs or some at least of said springs, an upper surface of said bed or mattress remaining in the same horizontal plane or substantially the same horizontal plane regardless of the degree of compression of said springs or some at least of said springs and the position of said base.

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20    3. A bed or mattress according to Claim 2, wherein said base is

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is formed as a single structure.

05 4. A bed or mattress according to Claim 2, wherein said base is formed of a plurality of sections movable independently of one another so that the compression of the springs may be varied in selected areas or in a selected area of said bed or mattress.

10 5. A bed or mattress according to Claim 3 or Claim 4, wherein said base or a part or parts of said base is/are moved in the axial direction of the springs by one or more air bags, screw motors, electric motors, or by means of jack handle(s) or by any other suitable means.

15 6. A bed or mattress according to any of Claims 1 to 5, wherein the springs are arranged in rows each surrounded or partially surrounded by fabric or other suitable material.

20 7. A bed or mattress according to any of Claims 1 to 5, wherein

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two rows, three rows or more are each surrounded or partially surrounded by a single piece of fabric or other suitable material.

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8. A bed or mattress according to Claim 6, wherein the rows of springs or some of the rows of springs are secured directly to the base.

9. A bed or mattress according to Claim 6, wherein adjacent rows 10 of springs or groups of rows of springs are adhesively secured together and a bar or other means is located between said rows or groups of rows of springs.

10. A bed or mattress according to any of Claims 1 to 9, wherein 15 said springs are single pocketed springs, double pocketed springs, pocketed springs arranged in end-to-end and co-axial relationship, or a combination thereof.

11. A bed or mattress comprising a base and a plurality of rows of 20 springs, said base or a part or parts of said base being movable in the

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axial direction of the springs so as to vary the compression of the  
springs or some at least of said springs without materially or  
05 substantially changing the position of the upper surface of the bed or  
mattress, said springs being pocketed springs or double pocketed  
springs secured directly or indirectly to said base.

12. A method of varying the compression of the springs or some at  
10 least of the springs of a bed or mattress including a base and a plurality  
of springs secured directly or indirectly to said base comprising  
moving the base or at least a part or parts of said base in the axial  
direction of said springs whilst maintaining an upper surface of the bed  
or mattress in the same horizontal plane or substantially the same  
15 horizontal plane regardless of the degree of compression of the springs  
and the position of said base.